

## ABSTRACT OF THE DISCLOSURE

Glycerophosphates, particularly calcium glycerophosphate (CGP), have been found to mitigate certain abdominal-area physical problems including irritable bowel syndrome and urinary urgency. It is believed that calcium and glycerophosphate, taken orally, are 5 introduced into the human and other animal system such that the glycerophosphate and/or calcium exert a damping, soothing, irritant-interdictive or antispasmodic action on the intestinal, urinary bladder and other smooth muscle organs. Using glycerophosphates, a method is provided for alleviating, palliating, and reducing the syndromes and conditions of discomfort resulting from a variety of diseases, including irritable bowel syndrome, interstitial 10 cystitis, inflammatory bowel disease, fibromyalgia, urinary urgency, benign prostatic hypertrophy, vulvodynia and external genital pain. It is also suggested that muscular energy supplied via glycolysis, the source of anaerobic energy, may be facilitated by the administration of a glycerophosphate moiety to the body's glycerophosphate shuttle.

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